What Is Claimed Is:

- 1. A sheet having contact plates, comprising:
- a strip-shaped peel sheet;
- a spacer sheet stuck onto the peel sheet via an adhesive layer;

an upper face sheet stuck onto an upper face of the spacer sheet via an adhesive layer; and

contact plates stuck to the upper face sheet,

wherein, on the peel sheet and the spacer sheet, penetration holes through which the contact plates can penetrate, and coupling grooves by which the adjacent penetration holes are coupled are formed, wherein, of the coupling grooves, one side of the coupling grooves provided in a direction crossing a feed direction of the strip-shaped peel sheet continues to rear ends of inner circumferences of the adjacent penetration holes with respect to the feed direction of the peel sheet of the adjacent penetration holes.

- 2. The sheet having contact plates according to claim 1, wherein one side of the coupling grooves continues linearly or curvedly.
- 3. The sheet having contact plates according to claim 1, wherein a coupling part at another side of the coupling grooves coupling the penetration holes is formed in an arc shape.
 - 4. The sheet having contact plates according to

claim 1, wherein the spacer sheet and the upper face sheet are formed rectangularly and are mounted so that short sides of the rectangles are in the feed direction of the strip-shaped peel sheet, and wherein the penetration holes disposed at a side of a long side of the spacer sheet are coupled by the coupling grooves.

- 5. The sheet having contact plates according to claim 1, wherein the coupling grooves are formed from first coupling grooves coupling the penetration holes disposed at the side of the long side of the spacer sheet and second coupling grooves coupling the penetration holes disposed at a side of the short side of the spacer sheet.
 - 6. A switch device comprising:

a sheet having contact plates according to claim 1; and

a circuit board on which plural fixed contacts are disposed,

wherein a peel sheet of the sheet having contact plates is peeled, and the sheet having the contact plates from which the peel sheet has been peeled is stuck onto the circuit board on which plural fixed contacts are disposed, by an adhesive layer of the spacer sheet so that the contact plates are opposite to the fixed contacts.

- 7. The switch device according to claim 6, wherein, in the sheet having contact plates, one side of the coupling grooves continues linearly or curvedly.
 - 8. The switch device according to claim 6, wherein,

in the sheet having contact plates, a coupling part at another side of the coupling grooves coupling the penetration holes is formed in an arc shape.